

10 Ways

to HELP your Teen make WISE DECISIONS

- 1 Give your teen the opportunity to make choices about food, clothes, and other non-critical areas, even when it's easier to simply issue a command.
- 2 Ask for your teen's opinion about what should be done in various situations.
- 3 Let your teen be the one to decide if more practice on a task or skill is needed before trying something harder.
- 4 Permit your teen to decide how to solve problems, even though you would find it quicker to provide a solution. Explore together the possible consequences if certain choices are made.
- 5 Let your teen offer concrete evidence to show a readiness for new privileges or responsibilities.
- 6 When conflicts arise, request that your teen take some responsibility for resolving them in a way that will work for all involved.
- 7 If your teen is angry, have him or her cool down rather than make a rash decision.
- 8 Give your teen the space to make poor (but not life-threatening) decisions. Teens, like us all, often learn from mistakes.
- 9 Offer your support and understanding when your teen makes mistakes in judgment. Then discipline as needed.
- 10 Acknowledge your teen's good decisions. Point them out when made and refer to them when future decisions are required.

Remember

Wise decision-making comes from
practice and encouragement.